

## CLAIMS

I claim:

1 1. A barbell/dumbbell training support device comprising:  
2 a base with distal ends;  
3 a cross support laterally extending equidistantly from each  
4 distal end of the base for a predetermined distance, the cross  
5 supports being configured to prevent tipping of the support  
6 device;  
7 an elongated tray configured to support barbells and  
8 dumbbells; and  
9 connection elements configured to interconnect the base with  
10 the elongated tray.

1 2. The barbell/dumbbell training support device according  
2 to claim 1, further comprising pads, covers, or elevated  
3 attachments attached to ends of each cross support.

1 3. The barbell/dumbbell training support device according  
2 to claim 2, wherein said pads, covers, or elevated attachments  
3 are made from flexible and resilient material.

1 4. The barbell/dumbbell training support device according  
2 to claim 1, wherein said elongated tray is a generally elongated  
3 rectangle having a surface and lengthwise sides with ends and  
4 widthwise sides with ends.

1        5. The barbell/dumbbell training support device according  
2 to claim 4, wherein said elongated tray further comprises raised  
3 edges extending from each of the corresponding lengthwise and  
4 widthwise sides of the tray.

1        6. The barbell/dumbbell training support device according  
2 to claim 5, further comprising flat barbell support surfaces  
3 having edges and that extend along the ends and on tops of the at  
4 least one of the raised edges along the lengthwise sides of the  
5 tray.

1        7. The barbell/dumbbell training support device according  
2 to claim 6, further comprising angled elements extending away  
3 from the edges of the flat barbell support surfaces and above the  
4 raised edges of the lengthwise sides and toward a center of the  
5 tray.

1        8. The barbell/dumbbell training support device according  
2 to claim 5, further comprising further comprising flat barbell  
3 support surfaces having edges and that extend along the center  
4 and on tops of the at least one of the raised edges along the  
5 widthwise sides of the tray.

1        9. The barbell/dumbbell training support device according  
2 to claim 8, further comprising longitudinally extending angled  
3 portions extending from the ends of the widthwise raised edges.

1        10. The barbell/dumbbell training support device according  
2 to claim 1, wherein said elongated tray further comprises a  
3 protective coating.

1        11. The barbell/dumbbell training support device according  
2 to claim 1, wherein said protective coating is similar to  
3 protective lining used on truck beds.

1        12. A barbell/dumbbell training support method comprising:  
2        providing a base with distal ends;  
3        providing a cross support laterally extending equidistantly  
4 from each distal end of the base for a predetermined distance,  
5 the cross supports being configured to prevent tipping of the  
6 support device;  
7        providing an elongated tray configured to support barbells  
8 and dumbbells; and  
9        interconnecting the base with the elongated tray.

1        13. The barbell/dumbbell training support method according  
2 to claim 12, wherein said step of providing a generally  
3 rectangular cross support further comprises providing pads,  
4 covers, or elevated attachments attached to ends of each cross  
5 support.

1        14. The barbell/dumbbell training support method according  
2 to claim 12, wherein said step of providing an elongated tray  
3 further comprises providing the elongated tray with a surface,  
4 lengthwise sides with ends, and widthwise sides with ends.

1        15. The barbell/dumbbell training support method according  
2 to claim 14, wherein said step of providing an elongated tray  
3 further comprises providing raised edges extending from each of  
4 the corresponding lengthwise and widthwise sides of the tray.

1        16. The barbell/dumbbell training support method according  
2 to claim 15, wherein said step of providing an elongated tray  
3 further comprises providing flat barbell support surfaces having  
4 edges and that extend along the ends and on tops of the at least  
5 one of the raised edges along the lengthwise sides of the tray.

1        17. The barbell/dumbbell training support method according  
2 to claim 16, wherein said step of providing an elongated tray  
3 further comprises providing angled elements extending away from  
4 the edges of the flat barbell support surfaces and above the  
5 raised edges of the lengthwise sides and toward a center of the  
6 tray.

1        18. The barbell/dumbbell training support method according  
2 to claim 15, wherein said step of providing an elongated tray  
3 further comprises providing flat barbell support surfaces having  
4 edges and that extend along the center and on tops of the at  
5 least one of the raised edges along the widthwise sides of the  
6 tray.

1        19. The barbell/dumbbell training support method according  
2 to claim 18, wherein said step of providing an elongated tray  
3 further comprises providing longitudinally extending angled  
4 portions extending from the ends of the widthwise raised edges.

1        20. The barbell/dumbbell training support method according  
2 to claim 12, wherein providing an elongated tray further  
3 comprises providing the elongated tray with a protective coating.